Serial No. 09:020,716 Group Art Unit: 1638

- a) transforming a plant cell with an expression cassette comprising a seed endosperm-preferred promoter operably linked to a polynucleotide encoding a high lysine and high methionine protein;
- b) regenerating a transformed plant from the transformed cell; and
- c) recovering transformed seeds having increased lysine and methionine compared to a corresponding non-transformed cereal plant seed.
- 58. The method of claim 57 wherein the plant seed is maize.
- A seed from a cereal plant which has been transformed to express in the endosperm of the seed a high lysine and high methionine protein, wherein the seed endosperm comprises elevated levels of lysine and methionine compared to an endosperm of a corresponding non-transformed cereal plant seed.
- 60. The seed of claim 59 which is maize.
- An expression cassette comprising an endosperm-preferred promoter operably linked to a nucleotide sequence encoding a high lysine and high methionine protein.
- 62. A vector comprising the expression cassette of claim 61.
- 63. A cereal plant comprising the expression cassette of claim 61.
- 64. The cereal plant of claim 63 which is maize.
- 65. A cell of the cereal plant of claim 63.
- 66. The cell of claim 65 which is maize.

Serial No. 09-020,716 Group Art Unit: 1638

- 67. A seed produced by the cereal plant of claim 63.
- 68. The seed of claim 67 which is maize.
- 69. The seed of claim 67 wherein the lysine and methionine content in the seed endosperm are each increased at least about 10% by weight compared to an endosperm of a corresponding non-transformed cereal plant seed.
- 70. The seed of claim 69 wherein the lysine and methionine content in the seed endosperm are each increased at least about 15% by weight compared to an endosperm of a corresponding non-transformed cereal plant seed.
- 71. The seed of claim 70 wherein the lysine and methionine content in the seed endosperm are each increased at least about 20% by weight compared to an endosperm of a corresponding non-transformed cereal plant seed.
- 72. A food or feed product comprising the seed of claim 59.
- 73. The food or feed product of claim 72 comprising meal, flour, grits, hominy, porridge or feed.
- 74. A method for increasing the nutritional value of a cereal plant seed comprising:
 - a) transforming a plant cell with an expression cassette comprising a seed endosperm-preferred promoter operably linked to a polynucleotide encoding a high lysine and high methionine protein, wherein the polynucleotide comprises barley alpha hordothionin, barley chymotrypsin inhibitor, soybean 2S albumin protein (ESA), pea albumin, the sulfur-rich 15KD maize protein of Seq ID No. 16,